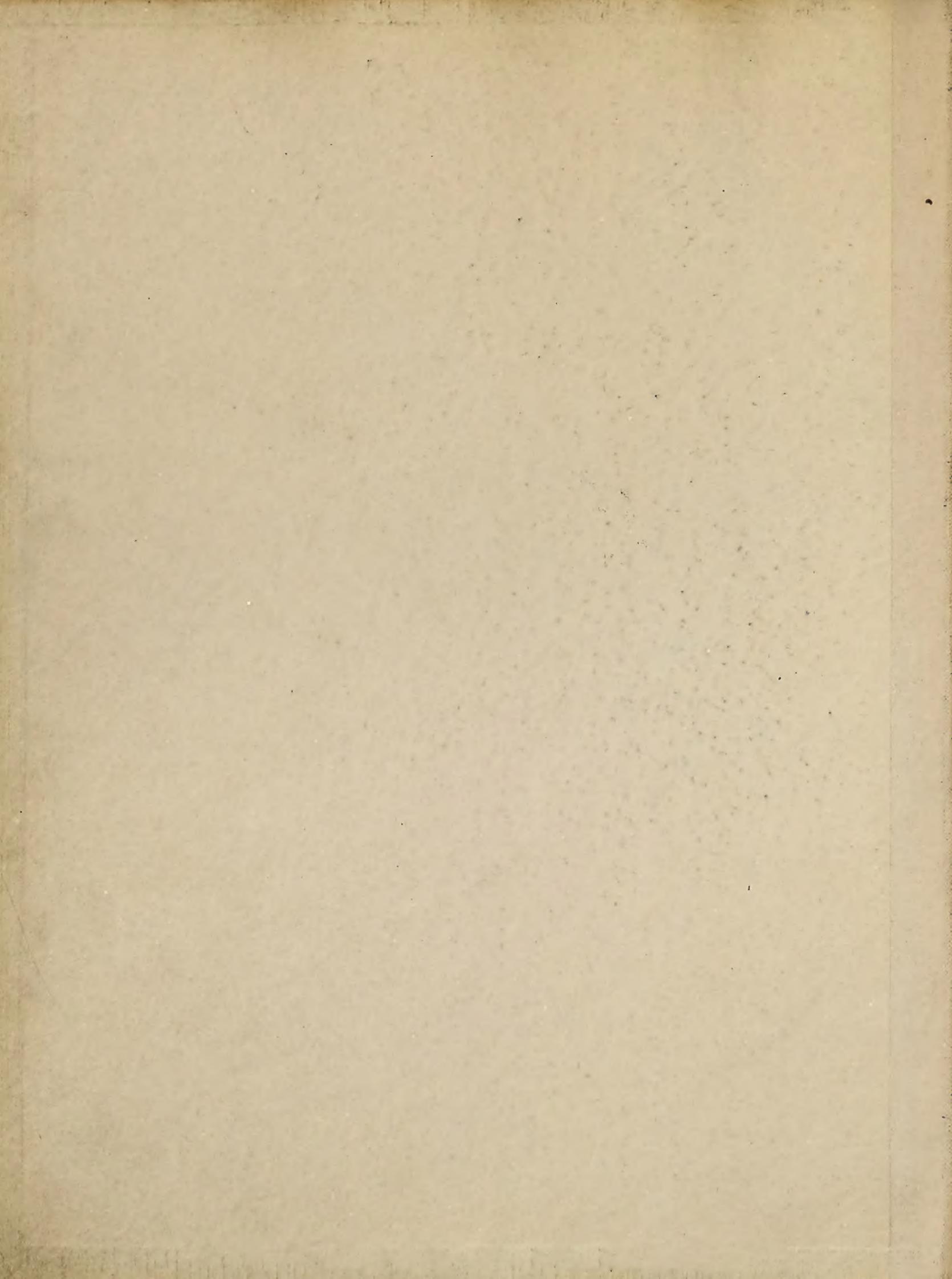


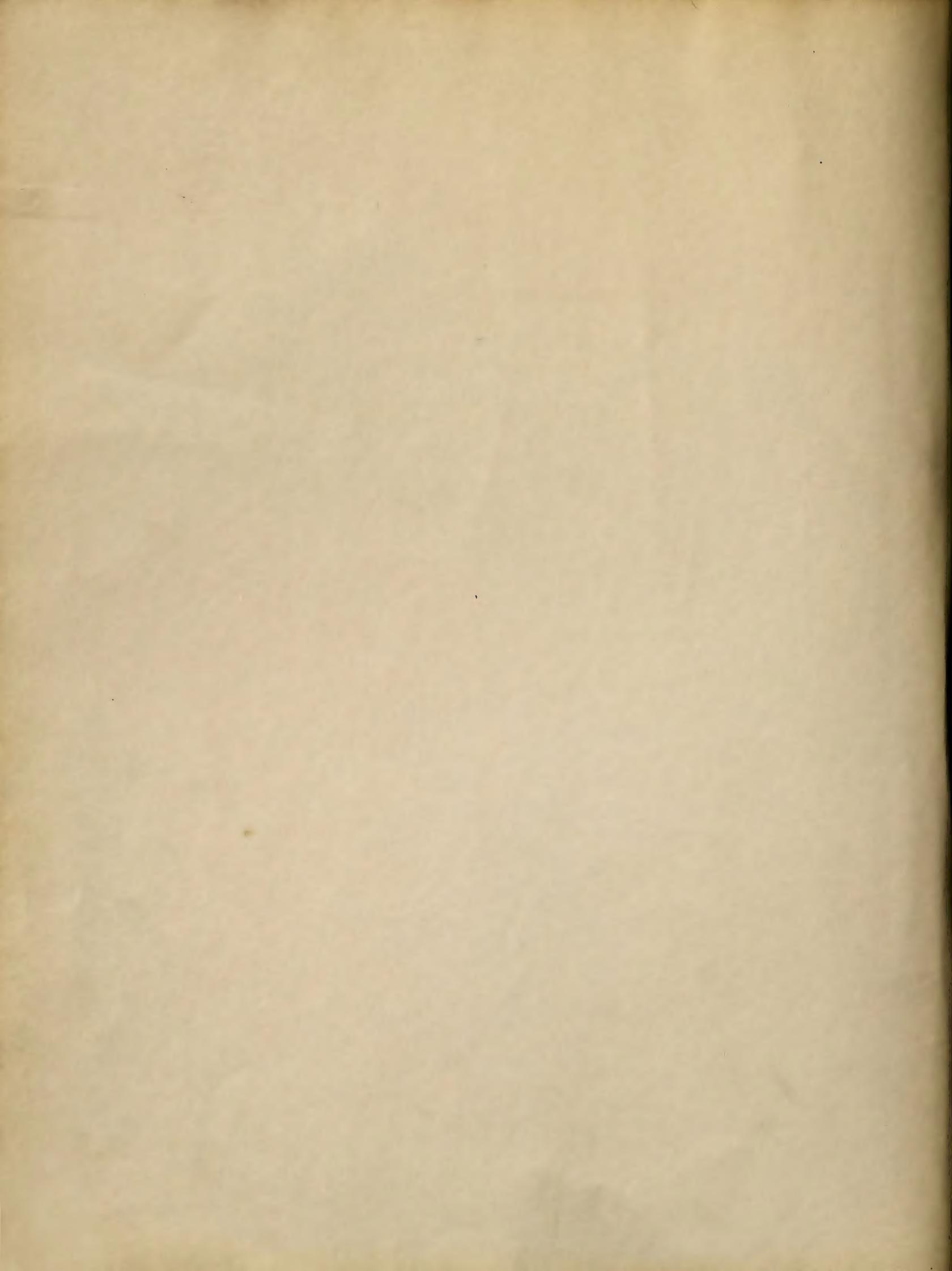
ILLUSTRATED
DANCE ROUTINES
for
TEACHERS and STUDENTS
by
Harold T. Zulawinski

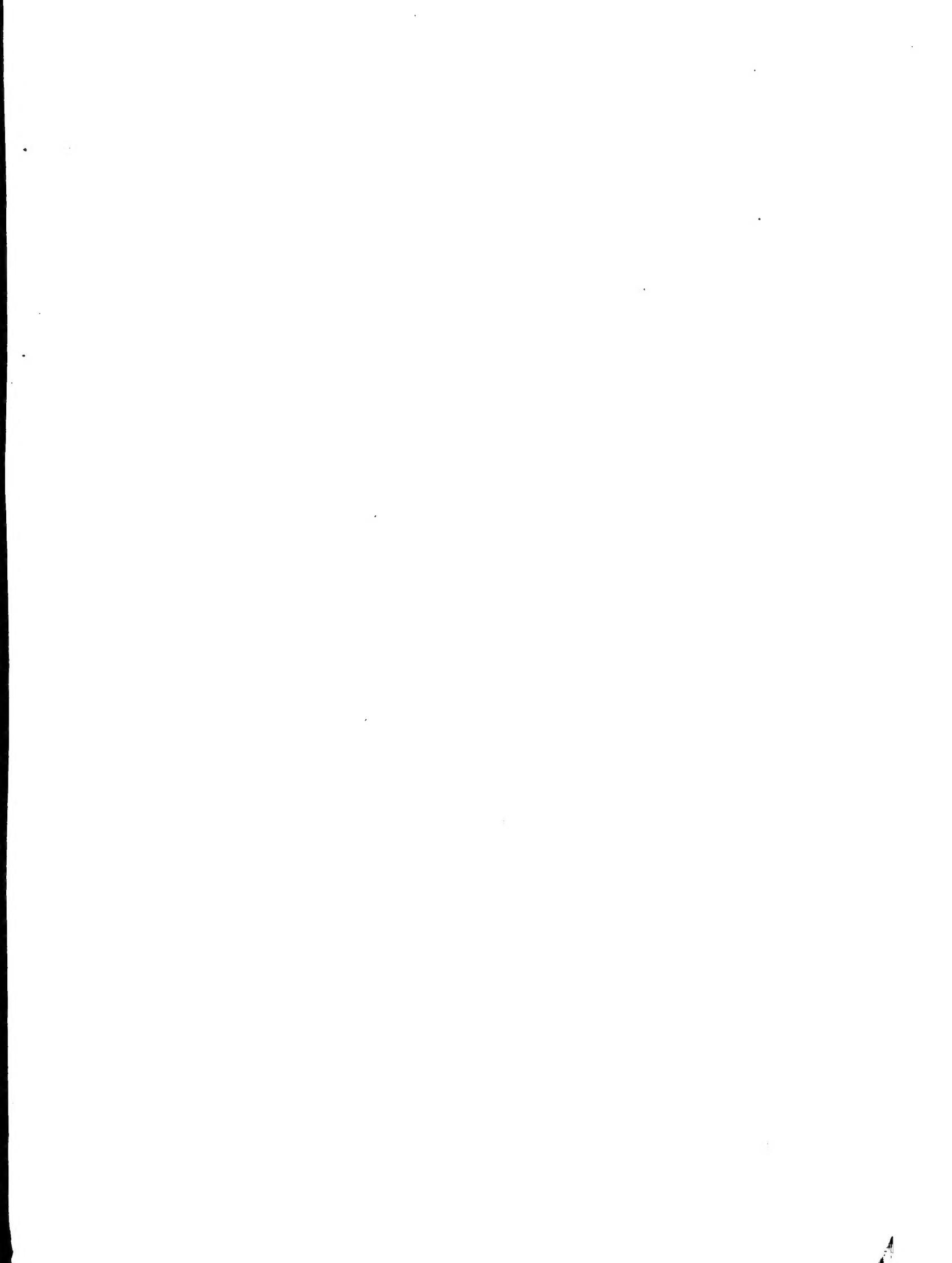


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Zulawinsky





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ILLUSTRATED
DANCE ROUTINES

Waltz Fox Trot

One Step Tango

for

TEACHERS and STUDENTS

by

Harold T. Zulawinski



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HAROLD T. ZULAWINSKI

FOR E WORD

Having received numerous inquiries for a modern illustrated book on Ballroom Dancing, I have herein compiled the necessary illustrated courses in Waltz, Foxtrot, One Step, and Ballroom Tango for teachers and students who may be interested in this study.

I hereby dedicate this book for the betterment of Ballroom Dancing.

Harold T. Zulawinski

10/10/1936, H.T.Z.



STARTING POSITION

WALTZ

There are three methods in teaching the Waltz. The method of Step-Step-Close, in which we close on the third count. The method of Step-Close-Step, in which we close on the second count. The method of Turn-Close-Step, in which we turn on the first count and close on the second count. There is no difference in the execution of these three methods while in motion, but there is a great difference in the beginning, or starting, of each method, as I have explained above.

The turn-close-step method, which is used throughout this book, is very similar to the step-close-step method, only that we make a distinct turn instead of a step on each first count, which makes it very easy for students to learn. Another item is that this waltz routine is modern, up to date, and in keeping with the old fashioned waltz. If done correctly, it develops ease, grace, and poise, and dancing becomes a pleasure.

NOTE:

A waltz consists of 3/4 time. It means that there are three quarter beats to each measure of music.

A waltz routine is equal to eighteen lady's steps and eighteen gentleman's steps, 36 steps in all.

Gentlemen use left foot on all starting positions moving forward; when moving backward the right foot is used.

Ladies use right foot on all starting positions moving backward; when moving forward the left foot is used.



(Gentlemen) Step forward with left foot turning to right.
STEP 1—COUNT 1
(Ladies) Step backward with right foot turning to right.



Close right foot to left foot.
STEP 2—COUNT 2
Close left foot to right foot.



Step backward with left foot turning to right.
STEP 3—COUNT 3
Step forward with right foot turning to right.



Step backward with right foot turning to right.
STEP 4—COUNT 1
Step forward with left foot turning to right.



Close left foot to right foot.
STEP 5—COUNT 2
Close right foot to left foot.



Step forward with right foot turning to right.
STEP 6—COUNT 3
Step backward with left foot turning to right.



Step forward with left foot turning to right.
STEP 7—COUNT 1
Step backward with right foot turning to right.



Close right foot to left foot.
STEP 8—COUNT 2
Close left foot to right foot.



Step backward with left foot turning to right.
STEP 9—COUNT 3
Step forward with right foot turning to right.



(Gentlemen) Step straight sideways with right foot to right.

STEP 10—COUNT 1

(Ladies) Step straight sideways with left foot to left.



Close left foot to right foot.

STEP 11—COUNT 2

Close right foot to left foot.



Step straight sideways with right foot to right.

STEP 12—COUNT 3

Step straight sideways with left foot to left.



Step backward with left foot turning to left.

STEP 13—COUNT 1

Step forward with right foot turning to left.



Close right foot to left foot.

STEP 14—COUNT 2

Close left foot to right foot.



Step forward with left foot turning to left.

STEP 15—COUNT 3

Step backward with right foot turning to left.



Step forward with right foot.

STEP 16—COUNT 1

Step backward with left foot.



Step forward with left foot.

STEP 17—COUNT 2

Step backward with right foot.



Step forward with right foot.

STEP 18—COUNT 3

Step backward with left foot.

(Repeat from beginning.)

FOX TROT



STARTING POSITION

FOX TROT

A Foxtrot consists of 4/4 time. That means that there are four quarter beats to each measure of music. In dancing we must keep time with our feet to these beats or rhythms; thus we count 1-2-3-4, 1-2-3-4, etc.

If we only had to take gliding steps, foxtrotting would be just the same as walking; but we must also turn, and turning usually occurs after the fourth gliding step. We also must keep the "four beat rhythm" while taking turns. After the fourth step we turn on count (1), close on count (&), which is the second step, and finish the turn by step three counted as (2). So we have the count of "one-and-two" on a half turn, such as "turn-close-step," similar to the Waltz Turn, only a trifle faster.

On account of these turns being 4/4 time, which is faster than the Waltz Turns, we must count our steps (1) (&) (2) for every half turn, and two half turns thus make a complete turn or circle counted as (1) (&) (2), (3) (&) (4), which corresponds to the four beat rhythm. These turns are called "two step turns." One, two or more turns can be made if desired.

NOTE:

All Fox-trot turns consist of three steps or two counts to each half circle turn, except Pivot Turns, which are made in one step or one count to each half circle turn.

See opposite page.



(Gentlemen) Step forward with left foot.

STEP 1—COUNT 1

(Ladies) Step backward with right foot.



Step forward with right foot.

STEP 2—COUNT 2

Step backward with left foot.



Step forward with left foot.

STEP 3—COUNT 3

Step backward with right foot.



Step forward with right foot.

STEP 4—COUNT 4

Step backward with left foot.



Step forward with left foot turning to right.

STEP 5—COUNT 1

Step backward with right foot turning to right.



Close right foot to left foot.

STEP 6—COUNT AND

Close left foot to right foot.



Step backward with left foot turning to right.

STEP 7—COUNT 2

Step forward with right foot turning to right.



Step backward with right foot.

STEP 8—COUNT 1

Step forward with left foot.



Step backward with left foot.

STEP 9—COUNT 2

Step forward with right foot.



(Gentlemen) Step backward with right foot.

STEP 10—COUNT 3
(Ladies) Step forward with left foot.



Step backward with left foot.

STEP 11—COUNT 4
Step forward with right foot.



Step backward with right foot turning to right.

STEP 12—COUNT 1
Step forward with left foot turning to right.



Close left foot to right foot.

STEP 13—COUNT AND
Close right foot to left foot.



Step forward with right foot turning to right.

STEP 14—COUNT 2
Step backward with left foot turning to right.

(Repeat from beginning.)

FOX TROT

(REVERSE TURN)

A reverse turn in a fox-trot is simply a left turn or an opposite turn from the right turn. The execution of the steps are the same.

Whenever a reverse turn is made, it is generally separated by three steps to the side as "step-close-step," commonly known as a Two-step.

We again explain as follows:

Proceed with the dance until the first right turn is made, then we continue with a "step-close-step" to the side and immediately follow with the left turn called a reverse turn, opposite to the right turn already executed.

NOTE: The same method is used in changing back to the right turns.



(Gentlemen) Step forward with left foot turning to right.

STEP 1—COUNT 1

(Ladies) Step backward with right foot turning to right.



Close right foot to left foot.

STEP 2—COUNT AND

Close left foot to right foot.



Step backward with left foot turning to right.

STEP 3—COUNT 2

Step forward with right foot turning to right.



Step straight sideways with right foot to right.

STEP 4—COUNT 3

Step straight sideways with left foot to left.



Close left foot to right foot.

STEP 5—COUNT AND

Close right foot to left foot.



Step straight sideways with right foot to right.

STEP 6—COUNT 4

Step straight sideways with left foot to left.



Step backward with left foot turning to left.

STEP 7—COUNT 1

Step forward with right foot turning to left.



Close right foot to left foot.

STEP 8—COUNT AND

Close left foot to right foot.



Step forward with left foot turning to left.

STEP 9—COUNT 2

Step backward with right foot turning to left.



THE DANCER
Dedicated to Harold T. Zulawinski
by the author, Daisy Jordan Crosby

The DANCER

Aloof, impersonal, in the background
He stood, poised like a statue, to impart
More than a transient beauty to his art;
His eyes, fixed on a vision to surround
His audience, whose clay feet clung the ground:
And bring a dream of rapture to its heart,
With music brought, from solitudes of sound,
To joyous action in a leaping dart.

White, flaming spirit, daring thus, the day!
Though vigor fails, faints not, what bids you stay
Among these mortals, who, with heavy feet,
Are lost in unharmonious retreat?
We watch your ecstacy, our pulses leap
Alive in sympathy . . . then back to sleep.

—Daisy Jordan Crosby.



STARTING POSITION

ONE STEP

A One Step consists of 2/4 time; in other words, it means that there are two quarter beats to each measure of music.

2/4 time is not always fast; it can also be slow. 2/4 time can be either of the two mentioned, it depends on the tempo in which the music is written, and is counted in forms of (Two) as follows: 1-2, 1-2, 1-2, etc.

In One Stepping, we proceed by gliding steps. There can be two, four, six, eight or more steps if desired before turning. The turns in a One Step are generally fast and are called pivot turns or pivots. They are sometimes called half turns and each half turn is done in place, therefore to progress we must turn half way around in one count or in one step, thus two steps make two pivots or a complete circle.

NOTE: Pivot Turns must be done in place.



(Gentlemen) Step forward with left foot.

STEP 1—COUNT 1

(Ladies) Step backward with right foot.



Step backward with right foot.

STEP 4—COUNT 2

Step forward with left foot.



Step backward with left foot.

STEP 7—COUNT 1

Step forward with right foot.



Step forward with right foot.

STEP 2—COUNT 2

Step backward with left foot.



Step backward with left foot.

STEP 5—COUNT 1

Step forward with right foot.



Step backward with right foot turn to right.

STEP 8—COUNT 2

Step forward with left foot turn to right.



Step forward with left foot pivot turn to right.

STEP 3—COUNT 1

Step backward with right foot pivot turn to right.



Step backward with right foot.

STEP 6—COUNT 2

Step forward with left foot.



Step forward with left foot.

STEP 9—COUNT 1

Step backward with right foot.



(Gentlemen) Step forward with right foot.

STEP 10—COUNT 2
(Ladies) Step backward with left foot.



Step forward with left foot
pivot turn to right.

STEP 11—COUNT 1
Step backward with right foot
pivot turn to right.



Step backward with right foot
pivot turn to right.

STEP 12—COUNT 2
Step forward with left foot
pivot turn to right.

(Repeat from beginning.)

NOTE:

Restrain all tendency to pull with the arms, as the arms should remain in a relaxed position throughout the dance.

Pulling, stiff arm position, or dancing on the toes is against good dance technique.

All pictures throughout this book show correct dance position. Please observe carefully each starting position shown at the beginning of each dance routine.



TANGO



STARTING POSITION

TANGO ARGENTINO

2/4 Time (May be Used for Fox Trot 4/4 Time)

Argentine Tango is composed of slow 2/4 time and should not be done fast, as the tempo of the Argentine Tangos are usually slow.

In order to tango you must be an accomplished dancer. Tango is a well balanced dance and requires skill and perfect balance.

There are many ways to dance the tango, as nearly every Nation has its own form of tangos set to its own native music.

The Argentine Tango is the most popular, because of its easy swinging motion, which gives it much grace, poise and beauty; thus it is in demand for ballroom purposes as well as the stage.

French Tangos are also becoming popular due to the fact that they are similar to the Argentine Tango; so many Argentine Tango teachers sojourn in Paris for teaching purposes that they are doing away with the old type French Tango.

NOTE: Pivots must be done in place, which means that you turn on the same foot that you stand on without moving from place.



(Gentlemen) Step forward with left foot.

STEP 1—COUNT 1

(Ladies) Step forward with right foot.



Step forward with right foot.

STEP 2—COUNT 2

Step forward with left foot.



Step forward with left foot turning to right.

STEP 3—COUNT 1

Step forward with right foot turning to right.



Step backward on right foot.
Pivot to right.

STEP 4—COUNT AND

Step forward on left foot
complete pivot to right.



Close left foot to right foot raised.

STEP 5—COUNT 2

Close right foot to left foot raised.



Step forward with left foot.

STEP 6—COUNT 1

Step forward with right foot.



Step forward with right foot.

STEP 7—COUNT 2

Step forward with left foot.



Step forward with left foot turning to right.

STEP 8—COUNT 1

Step forward with right foot turning to right.



Step backward with right foot
pivot to right.

STEP 9—COUNT AND

Step forward with left foot
complete pivot to right.



Close left foot to right foot raised.

STEP 10—COUNT 2
Close right foot to left foot raised.



Half turn right, corté with left foot.

STEP 11—COUNT 1
Corté forward with right foot.



Step backward with right foot pivot turn to right.

STEP 12—COUNT 2
Step forward with left foot complete pivot turn to right with left foot.



Step forward with left foot.

STEP 13—COUNT 1
Step forward with right foot.



Step forward with right foot.

STEP 14—COUNT 2
Step forward with left foot.



Step forward with left foot.

STEP 15—COUNT 1
Step forward with right foot.



Step forward with right foot.

STEP 16—COUNT 2
Step forward with left foot.



Pivot turn to right, close left foot to right foot, raised.

STEP 17—COUNT 1
Pivot turn to left, close right foot to left foot, raised.



Step forward with left foot.

STEP 18—COUNT 2
Step forward with right foot.



Pivot turn to left, close right foot to left foot raised.

STEP 19—COUNT 1

Pivot turn to right, close left foot to right foot raised.



Step forward with right foot.

STEP 20—COUNT 2

Step forward with left foot.



Pivot turn to right, close left foot to right foot raised.

STEP 21—COUNT 1

Pivot turn to left, close right foot to left foot raised.



Step forward with left foot.

STEP 22—COUNT 2

Step forward with right foot.



Pivot turn to left, close right foot to left foot raised.

STEP 23—COUNT 1

Pivot turn to right, close left foot to right foot raised.



Step forward with right foot.

STEP 24—COUNT 2

Step forward with left foot.



Corté backward with left foot.

STEP 25—COUNT 1

Pivot turn to left, corté with right foot.



Raise weight to right foot—closing left foot to right foot

STEP 26—COUNT 2

Place weight to left foot. Pivot turn-to-right closing right foot-to-left-foot raised.

(Repeat from beginning.)



Argentine Whip Tango

Argentine Whip Tango

Argentine exhibition whip tango is very similar to the ballroom tango, only it has more difficult steps and whip catches which make the dance very spectacular.

The Argentine whip or the Stage tango, used for the Stage, takes much more ability to execute, as it requires not only intricate steps but good balance, grace, poise, high aerial lifts and difficult catches.

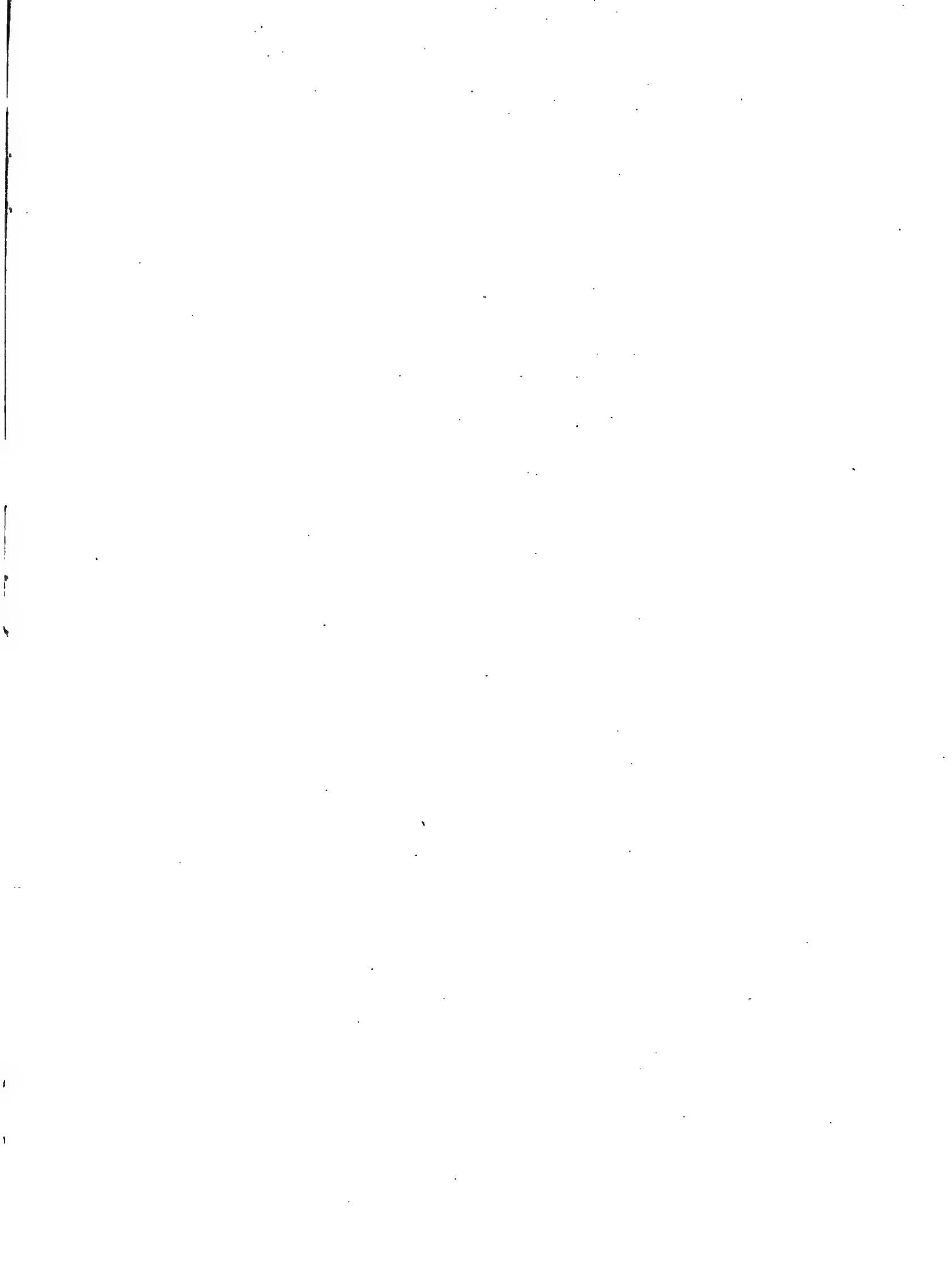
Beautiful costumes make these dances very effective.

To obtain a copy of this book
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Box 495 - Station C
Los Angeles, California

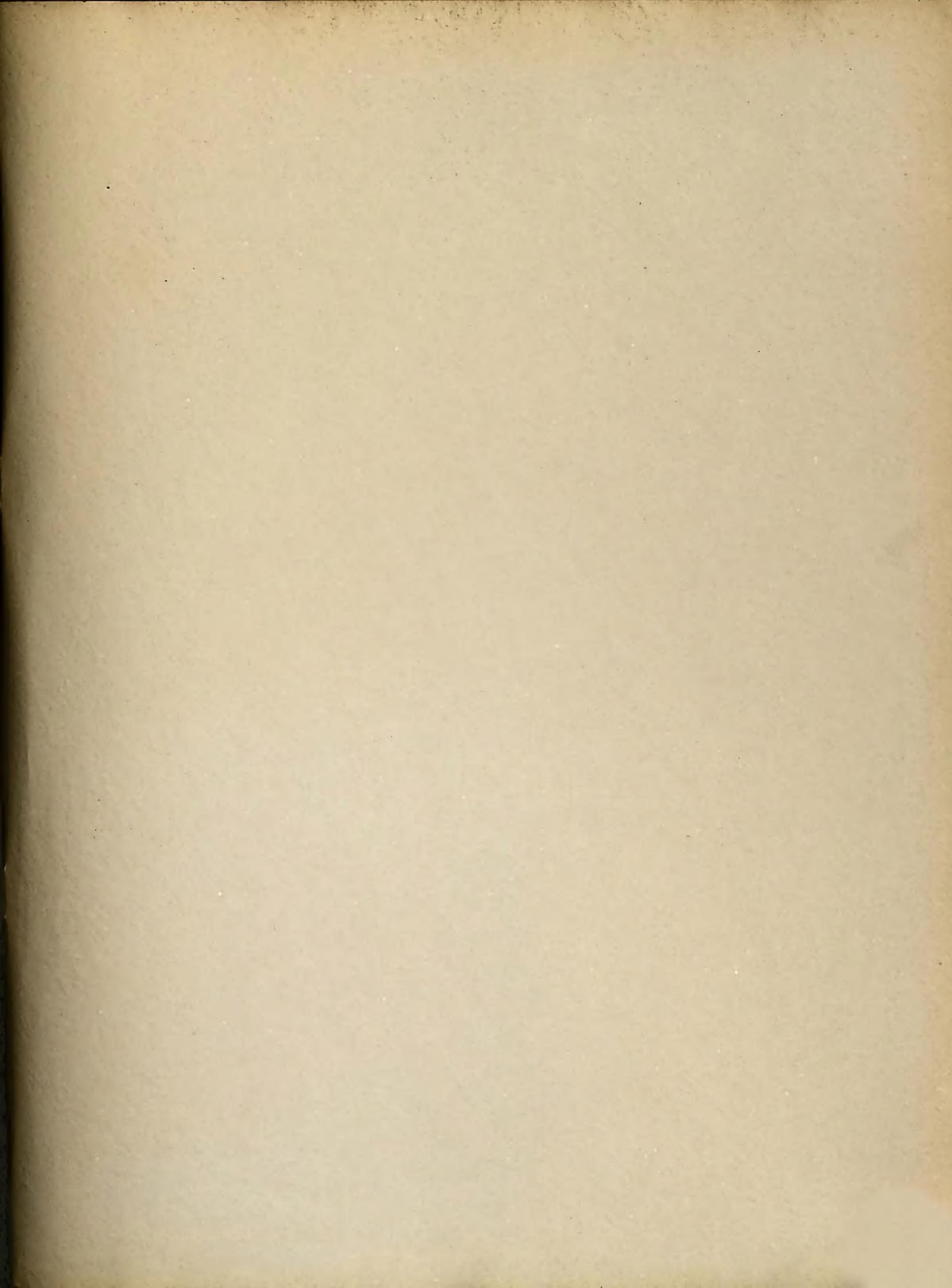
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